

HOUSEKEEPING AS A PROFESSION

"Home economics stands for the utilization of the resources of modern science to improve the home life." — Ellen Richards

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WHAT is a calorie and why?

It is the amount of heat needed to raise one pound of water 4 degrees Fahrenheit. It is a measure, convenient for the dietitian, physician and food chemist, for expressing the energy or fuel value of food.

Not content with this proud office, the calorie has gradually aspired to being considered an all-round measure of food efficiency, which it is not. It has even been proposed that each can or package of food should carry a statement of its calorie value—a practice sure to mislead many.

The poor housekeeper has been overshadowed by the growing conviction that unless she knew how many calories she brought home in her market basket she was not doing her duty by her family. But a hope is dawning that she may market sanely without the aid of the calorimeter, the calculating machine, or a balance.

WEAK POINTS OF THE CALORIE.

There are two flaws in the pretensions of the calorie. First, different foods meet entirely different needs in the body. A pint of olive oil, for instance, would yield in the easiest possible way a day's supply of heat or energy, but it would not do a single piece of repair work or build a bit of tissue or bone for the growing child, nor would it be a plausible day's ration. Calorie value is only one side of the story of food efficiency, and a very difficult side to calculate at that.

Again, an ounce of oil would yield as much heat as three pounds of tomatoes or lettuce or asparagus, but the succulent acid and mineral bearing vegetables have a special function of their own. A concentrated food like milk, chocolate, peanut butter or cheese, with a high energy value and also a goodly amount of building material, needs to be known for what it is and used in moderation, but to compare such foods calorie for calorie with pure fats and starches which build not at all would be a fatal mistake. In other words, a man may get his daily ration of 3,000 calories and yet be most inefficiently and improperly fed.

The overly trusting man who read Uncle Sam's bulletin on the value of cheese in the diet and how it could take the place of meat, and went out in a burst of enthusiasm to eat a pound of cheese and die a martyr to his convictions, is a sad example of theoretical knowledge uncontrolled by common sense and a knowledge of general principles.

SHALL THE MEAL BE WEIGHED OUT?

And after we have looked in the book and found out just how much heat value an ounce of steak will furnish we must know how many ounces to serve, in combination with other foods, to five-year-old Bobby, weighing forty pounds, who is growing and playing ball all over the lot, and to forty-year-old father, weighing one hundred and seventy-five pounds, who has stopped growing and is sitting at a desk working with his brain and trying to keep down his weight. Two quite different problems in dietetics.

Visions of mother at the family table bending distraught over a balance weighing out the ration, instead of presiding serenely behind the coffee urn, are about as alluring as a family gathered about a radiator instead of an open fire. Such a state of affairs might check the flow of gastric juices and ruin the digestion.

What can we do? Mind you, we are not intending to obliterate the calorie—he is a useful servant, but a dangerous master. We only want to relegate him to his proper sphere as a general guide and the trusty lieutenant of the doctor and the chemist who can cope with all his subtleties.

Pin your faith to the general principles of

KING CALORIE—THE PRETENDER

He is the Unit of Heat and Energy, but Nothing More; a Most Useful Servant to the Scientist, but a Dangerous Master to the Housewife Who Thinks She Must Weigh the Food Instead of the Family.



The poor housekeeper is overshadowed by the conviction that she may be disloyal to King Calorie.



A vision of mother weighing out the ration instead of presiding serenely over the coffee urn might well ruin the digestion of the family.



The out-of-door man can eat with profit a ration that the student could not digest at all.

diet, the knowledge of different food principles and their special functions.

Depend on a "well selected diet" rather than on a balanced ration. This phrase is offered by Professor Langworthy, one of the High Priests of the Calorie Cult, who, nevertheless, being a practical man and the chief of the office of economics of the Department of Agriculture, can see the housekeeper's dilemma.

Weigh the members of your family instead of the food they eat and see that their weight is kept normal.

With these three safeguards you cannot go far afield. The housewife who knows that proteins are tissue builders chiefly, though they can also supply energy; that fats supply energy in the most concentrated form; that starches and sugars supply it most economically, and that mineral matter and water are needed to regulate the body processes, has a simple, firm foundation for building up her menus.

Then she has only to know her types of foods—that milk and eggs, meat and fish, cheese and peas and beans, and some of the cereals, especially wheat, are the common sources of tissue building protein. That olive oil and butter, fat meat and cream, and the oil in nuts are sources of fat; that the cereals and potatoes and sugars of all kinds furnish the carbohydrates, and that milk, fresh vegetables, whole grains and eggs are the best sources of mineral matter.

With this foundation a family may be very well fed under normal conditions without any help from the calorie. It is cheering, however, to know, with his kingship still hovering in the background of the picture, that many a helping of ordinary foods contains just about 100 calories. For instance, an egg, a large potato, a slice of bread, a dish of oatmeal or a small glass of milk all furnish about this amount of heat.

But, to prove our point, it is to be noted that a very small piece of sponge cake, or a third of a piece of pie, or about an ounce of sugar, would give you the same amount of energy. Obviously these sweets would not play the role in the body's rebuilding that would the oatmeal or the egg. No one would substitute a third of a piece of pie for an egg in the consumptive's ration, but they both have the same calorie value.

Familiarity with King Calorie on a slight acquaintance is a very dangerous thing.

HOUSEWIFE'S TEN COMMANDMENTS.

Here are ten commandments of common sense and science wedded: Remember that about one-tenth of the body's fuel should be in the form of tissue building protein. The remainder will be divided among starches, sugars and fat, the latter being in the minority, only about 15 to 20 per cent.

Forget not that bulk in the diet and the presence of minerals and acids are essential to wholesomeness and a smooth working of body processes.

Do not serve several foods of one color and kind at the same meal. Even color and taste—unless it be greatly depraved—are trustworthy guides. "Pale faced" meals, such as chicken, rice, potato and macaroni, will repel naturally, are far too starchy and lack flavor; while too ruddy a menu, such as roast beef, tomatoes,

beets and rhubarb, is again unbalanced. Let the starchy food form the bulk of the ration, unless you are "fighting fat," together with succulent vegetables and salads, with a small portion of meat. The day's food will balance itself on this general plan if weighed out with the scales of moderation.

Variety during the day rather than at one meal should be the ideal. Then both simplicity and the digestional benefits of an appetizing ration are obtained.

When a food is highly nutritious, concentrated, containing but little moisture, it should be eaten in moderation. Remember that much nutrition in a small compass is not the ideal. On the mistaken calorie basis analyses and figures have been juggled to show the superiority of peanut butter to milk. A pound of peanut butter yields some 2,700 calories, con-

WHY GAS IS POPULAR

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ONLY a small percentage of the gas ranges manufactured differ in appearance or equipment. If the name plates were removed, the average housekeeper would find it difficult to tell one make from another. To buy a cheap and poorly constructed gas range is false economy. Select a cabinet or side oven type, as it combines the good features and eliminates the objections of the elevated oven and low oven styles. The oven and broiler are at the proper height for the average woman so that no stooping or reaching is necessary, and if the surface burners, or cooking top, are 32 or 33 inches above the floor it will be found the most convenient and practical height for working to advantage.

A glass oven door is desirable, as the oven contents can be seen at all times. It is also economical, as it eliminates the usual waste of heat from the numerous openings of the ordinary oven door. There is no uncertainty about the baking or roasting. The cook, by looking

through the door, can tell exactly when the food is done, and so prevent its burning.

Do not insist on the oven door having a dial thermometer or temperature indicator. An instrument of this type cannot be depended upon to record accurately, or to give the same result twice in succession, therefore is likely to mislead, rather than aid the cook, and to cause unsatisfactory cooking results.

The usual gas stove has five top burners—one giant, three single, and a simmerer. The quantity of gas to each is controlled by a spud, which in some cases is adjustable to different gas pressures. When the air mixer is properly set the flame will be blue and the greenish inner cones of each individual jet sharply outlined.

Have the top burners of your range equipped with a patented lighter. It is a simple, convenient and safe device, doing away with matches for lighting. The lighter is designed to be placed in the centre of the space between the four burners and burns a very small pilot flame, which it has been estimated consumes three to five cents' worth of gas in a month. When the release button is pressed a jet of flame shoots to each of

the four burners. By it the back burners—which on many ranges are seldom used because they are so difficult to light—can be lighted quickly and conveniently—no reaching around kettles and pans, no danger of getting "singled" from the front burner flames.

Use utensils that cover the burners. If they are smaller, heat is dissipated up the sides of the vessel and wasted in the surrounding atmosphere. Don't always use the "giant" burner. Frequently a single burner will serve just as well and consumes less gas. Remember that often a burner can be turned down and the cooking process continued quite as efficiently.

The so-called fireless gas ranges are practical and with good management prove economical. They are similar in appearance to the regular range, but have an insulated oven which after each initial heating retains a cooking temperature for a period of two or three hours, and makes it possible to bake and roast several dishes at one time and with only half an hour's use of the gas.

tains large amounts of both fat and protein, and a goodly share of starch. A little of it goes a long way, while milk, with its 85 per cent of water, boasts only 300 calories to the pound, but can be tolerated in large quantities and is readily used by young and old—a most perfect building or sustaining food.

Thou shalt not feed the old like the young, nor the middle aged like either. One is growing, one is standing still and one is declining. Consider the needs of each.

Do not covet the subtleties of the laboratory for the kitchen. The more background of science you have the better, but there is such a thing as not being able to see the woods for the trees. Steer by the general principles and keep an eye on results for checking purposes.

Follow not off after food fads—all things are good in their season and in moderation—sour milk, vegetables, nuts, yea; even sugar and meats, which also have their dangers, but none of these things will prolong life or save or destroy in itself.

The misuse or overuse of any good food, hasty eating, nervousness, unhappiness, lack of fresh air and exercise will any or all of them upset the digestion and make a balanced ration a thing of torment instead of profit.

Take unto thyself one or two good books and learn the composition of foods and the general principles of the body's needs. Digest them well and follow them serenely, except in abnormal conditions or illness.

A FIVE-INCH BOOKSHELF.

For a small complete library of general principles and definite guide for rational food selection, try this five-inch book shelf:

"Principles of Nutrition and Nutritive Value of Food" (Farmers' Bulletin No. 142), to be had of the Department of Agriculture, Washington, D. C., for the asking.

"How to Live," by Fisher & Fisk—published by Funk & Wagnalls Co., New York (Lives up to its name—a broad, practical and also scientific and simple treatise).

"Food Products," by Henry C. Sherman—published by the Macmillan Co., New York (Tells you almost anything you want to know about foods and their composition and uses).

"Not by Bread Alone," by Harvey W. Wiley, published by Hears' International Library Co., New York. (A most readable popular statement of the fundamental principles of nutrition and the whys and wherefores.)

"Laboratory Manual of Dietetics," by M. S. Rose, published by the Macmillan Co., New York. (For those who cling to the calorie this book will furnish calorie values for practically all foods in ounces, grams, pounds and standard portions. As a background and for comparative purposes the trained housewife will find it helpful.)

Gas Stoves and Appliances

Baxter Gas Range, Baxter Stove Co., Mansfield, O.

Clark Jewel Gas Range, Geo. M. Clark & Co., Chicago and New York.

Detroit Jewel Gas Range, Detroit Stove Works, Detroit, Mich.

Cookeasy Gas Range, Hale & Kilburn, West Philadelphia, Pa.

Garland Gas Range, Michigan Stove Co., Detroit, Mich.

Direct Action Gas Range, National Stove Co., Lorain, Ohio.

Chambers Fireless Gas Range, Chambers Mfg. Co., Shelbyville, Ind.

Eco-Thermal Fireless Gas Range, Eco-Thermal Co., Warren, O.

Nu-Top Heat Distributor, H. R. Corwin Mfg. Co., Firemen's Bldg., Newark, N. J.

Economic Stove Top, Stove Appliance Co., Marquette Bldg., Chicago.

Androck Bread Toaster, Andrews Wire & Iron Wks., Rockford, Ill.

Crane Toaster, Wm. M. Crane Co., 16 West 32nd St., New York.

Wire Cone Toaster, Harkins & Willis, Ann Arbor, Mich.

Meals All Planned for the Coming Week.

THESE menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

All recipes have been tested by the writer,

VIRGINIA CARTER LEE.

mince in the centre of each, turn the crust over and after moistening the edges of the paste, crimp them together with the tines of a silver fork. Brush the cases over with a little melted butter and bake in a hot oven until crisp and brown. Pile on a dolly-covered tray and garnish with parsley.

Mock Scapple.

Prepare an ordinary cornmeal mush, one quart quantity, having it rather thick. Cook in the upper part of a double boiler and just before removing from the fire stir in half a teaspoonful of beef extract or two bouillon cubes. Have in readiness four slices of buttered bacon that have been finely chopped and half a cupful of nut meats that have been passed through the meat grinder (use the nut knife); add these also to the mush and pour into a square mould, set in a cold place to chill and when firm, unmould, slice and fry. This is one of the best meat substitutes and forms a particularly tasty and nutritious relish for breakfast.

Corned Beef à la Newburg.

This method of preparing the last of the corned beef will be found a pleasant change from the ordinary

browned hash; it is also easier to cook, as it may be prepared by the housewife in her chafing dish on the lunch-table. Cut the meat into tiny dice, rejecting all fat and gristle. Heat in the upper part of the chafing dish one tablespoonful of butter, blend in one scant tablespoonful of flour and add gradually a small cupful of rich milk. Stir constantly until the sauce boils and thickens, season to taste with paprika and add the corned beef, one tablespoonful of mushroom catsup and two tablespoonfuls of chopped parsley. Simmer until the ingredients are very hot, blend in the yolks of two well beaten eggs and serve on toast squares. Cook only for a moment after the eggs are added, or the sauce will curdle.

Rhubarb Bread Pudding.

This delicious pudding is made very much like the delectable "apple betty," and the piquant acid of the rhubarb gives a very appetizing flavor to the pudding. Butter a deep pudding dish and arrange in the bottom a layer of chopped rhubarb that has been par-boiled for five minutes and then thoroughly drained. Sprinkle over the rhubarb chopped raisins, granulated sugar to taste and a little grated lemon

peel and cover with a layer of crushed, dried bread crumbs. Dot the crumbs liberally with bits of butter and continue with alternate layers of the fruit and crumbs until the dish is nearly filled. Have the crumbs on top and bake in a moderately hot oven for thirty minutes. Serve lukewarm with thick cream.

Mock Champagne Sauce.

Brown two tablespoonfuls of butter with half a slice of onion, remove the onion and blend in one tablespoonful of strained stock, salt and pepper to taste, two tablespoonfuls of cider vinegar and one teaspoonful of Worcestershire sauce. Stir constantly until the sauce thickens and boils and serve in a heated gravy boat.

Chocolate Angel Cake.

This is a decided novelty in the cake line, and if the directions are carefully followed a most delicious cake will result. Beat the whites of five eggs until they are foamy but not dry. Add a scant half teaspoonful of cream of tartar and beat again. This time they should be whipped dry. Sift together four times half a cupful of flour, one-

quarter of a cupful of powdered cocoa and a small cupful of powdered sugar. Gradually cut the egg whites into the dry ingredients, add one teaspoonful of vanilla extract and pour quickly into an ungreased pan with a tube in the centre. Bake about twenty-five minutes in a moderate oven. Do not beat or stir the batter after the whites are folded in or the air cells will be broken down and the cake will not rise properly.

Frugality Pudding.

This is particularly good pudding to serve when cold meat forms the principal dinner course. Remove the pits from one cupful of dates, wash first in cold water, then scald them, dry and pass through the meat grinder. Chop one cupful of fresh beef suet with half a cupful of flour as finely as possible, add one cupful of crushed, dried bread crumbs, the dates, one teaspoonful of salt, half a teaspoonful of ground cinnamon, a quarter of a teaspoonful of grated nutmeg and one well beaten egg. Mix well, stir in half a cupful of water and pour into a greased pudding mould. Steam for two hours and a quarter. This pudding should be served hot with a hard caramel or foamy sauce.

Monday.

BREAKFAST.

Uncooked Cereal with Shredded Pineapple.
Bacon Rolls. Corn Oysters.
Thin Bread and Butter. Watercress. Coffee.

LUNCHEON.

Corned Beef à la Newburg (from the last of Saturday's dinner).
Brown Bread Toast.
Canned Fruit.

DINNER.

Old Fashioned Pepper Pot.
Breaded Veal Cutlet. Tomato Sauce.
Creamed Parsley Potatoes.
New Cabbage.
Cucumber and Onion Salad.
Rhubarb Bread Pudding.

Tuesday.

BREAKFAST.

Evaporated Peach Sauce.
Steamed Cereal.
Minced Veal in Crust Cases (from cutlet).
Date Gems. Coffee.

LUNCHEON.

Club Sandwiches.
Olives. Finger Rolls.
Strawberry Tartlets.

DINNER.

Bouillon in Cups (from bouillon cubes or beef extract).
Boiled Salmon.
Egg and Parsley Sauce.
Potato Balls. Peas.
Lettuce Salad. French Dressing.
Tapioca Ice.

Wednesday.

BREAKFAST.

Strawberries. Mock Scapple.
Raised Rusks. Coffee.

LUNCHEON.

Salmon Salad.
(from Tuesday's dinner).
Cucumber Sandwiches.
Iced Tea. Chocolate Angel Cake.

DINNER.

Roast Ribs of Beef.
Yorkshire Pudding.
Baked Stuffed Tomatoes.
Browned Potatoes.
Komaine Salad.
Pineapple Sherbet.

Thursday.

BREAKFAST.

Baked Bananas. Uncooked Cereal.
Broiled Liver and Bacon.
Buttered Toast. Coffee.

LUNCHEON.

Cheese Fondue. Radishes.
Beaten Biscuits.
Fruit.
Oatmeal Crisps.

DINNER.

Vegetable Soup (from roast beef bones).
Cold Sliced Beef. Chutney Sauce.
Delmonico Potatoes. Asparagus.
Spiced Beet Salad.
Frugality Pudding.

Friday.

BREAKFAST.

Strained Orange Juice.
Cooked Hominy. Fried Clams.
Popovers. Coffee.

LUNCHEON.

Escalloped Bologna with Macaroni.
Brown Bread. Coffee Junket.

DINNER.

Clear Tomato Soup with Rice.
Fried Pan Fish. Tartare Sauce.
Potato Puff. Buttered Carrots.
Cucumber Salad.
Strawberry Shortcake.

Saturday.

BREAKFAST.

Moulded Cereal with Fruit Sauce.
Poached Eggs on Grilled Tomatoes.
Bran Muffins. Radishes.
Coffee.

LUNCHEON.

Clam Broth with Whipped Cream.
Chicken Salad Sandwiches.
Iced Tea. Spice Cake.

DINNER.

Half a Baked Ham.
Mock Champagne Sauce.
Boiled Potatoes. Creamed Cabbage.
Watercress Salad.
Cocoanut Blanc Manger.

Sunday.

BREAKFAST.

Strawberries with Rhubarb.
Corn Meal Mush.
Fish Cakes. Coffee Ring.
Coffee.

LUNCHEON OR SUPPER.

Cold Sliced Ham. Pickled Peaches.
Potato Scones.
Combination Salad.
Fig Cookies. Pineapple.

DINNER.

Cream of Corn Soup.
Roast Duck. Cranberry Jelly.
String Beans. Baked Potatoes.
Stuffed Tomato Salad.
Maple Bisque Mousse.